




United Community Center, 730 W. Washington Street, Milwaukee
Milwaukee County Senior Meal Program
Senior Dining Site Menu-March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					3/1/2014	3/2/2014
					Chicken Fajitas Mexican Rice with Vegetables Mexican Corn Flour Tortillas Diced Pears	Guisado de Res White Rice Fresh Salad with Dressing Wheat Bread Fresh Orange
3/3/2014	3/4/2014	3/5/2014	3/6/2014	3/7/2014	3/8/2014	3/9/2014
Macaroni and Meat Sweet Corn Fresh Salad with Dressing Wheat Bread Applesauce	Beef Pot Roast with carrots, onion, celery & green beans in a savory sauce Roasted Potatoes Mixed Greens w/ tomato, cucumber and dressing Sourdough Bread Sliced Peaches	Ash Wednesday Baked Fish Steamed Red Potato w/ dill sauce Baby Peas Creamy Coleslaw Multi-Grain Bread Pineapple Tidbits Tartar Sauce	Chicken Noodle Soup BBQ Chicken Thigh Cheesy Diced Potato Casserole Peas and Carrots Buttermilk Biscuit Yellow Delicious Apple	Apple Juice Tuna Salad with shredded lettuce on Kaiser Roll Pickle Spear Sun Chips Cranberry Red Cabbage Slaw Banana Pudding	Chicken Fajitas Flour Tortilla Tomatoes and Lettuce Mexican Rice Mexican Beans Diced Pears	Roast Pork Steamed Rice Beans Salad with Dressing Dinner Roll Chocolate Pudding
3/10/2014	3/11/2014	3/12/2014	3/13/2014	3/14/2014	3/15/2014	3/16/2014
BBQ Chicken Steamed Rice Puerto Rican Beans Green Salad Dinner Roll Apple Pie	Peachy Pork Roast Yukon Mashed Potatoes Whole Baby Carrots Mixed Greens with French Dressing Multi Grain Bread Cinnamon Applesauce	Shredded Beef (Barbacoa) Mexican Rice Mexican Beans Tortillas Pineapple Tidbits Cookies	Baked Chicken Steamed Rice Puerto Rican Beans Green Salad Dinner Roll Chilled Fruit	Enchilada Soup Cheese Enchiladas Mexican Rice Beans Salad with Dressing Dinner Roll Chilled Pears	Puerto Rican Stew Puerto Rican Rice Fresh Salad with Dressing Wheat Bread Mixed Fruit	Chicken Flautas Mexican Rice Beans Salad with Dressing Corn Tortillas Golden Delicious Apple
3/17/2014	3/18/2014	3/19/2014	3/20/2014	3/21/2014	3/22/2014	3/23/2014
St. Patrick's Day Stuffed Cabbage Roll Mashed Potatoes Crinkle Cut Carrots Rye Roll Banana Shamrock Cookie	Pineapple Juice Beef Barley Soup with crackers Grilled Chicken Caesar Salad Parmesan Cheese, croutons & Caesar Dressing Wheat Dinner Roll Strawberries	Ground Beef Tacos Chopped Tomato, Lettuce and Cheese Hard Shell Tacos Mexican Rice Mexican Beans Pineapple Tidbits	Orange Juice Sweet Sour Pork Garlic Infused Rice Sugar Snap Beans Multigrain Bread Fresh Pear	2 Cheese Lasagna Roll Ups with Alfredo Sauce Monte Carlo Blend Vegetable Romaine Salad with French Dressing Italian Bread Chilled Peaches	Sweet and Sour Chicken Mexican Rice Green Beans Mixed Salad with Dressing Banana	Grape Juice Steak Fajitas Mexican Rice Green Salad Flour Tortillas Mixed Fruit
3/24/2014	3/25/2014	3/26/2014	3/27/2014	3/28/2014	3/29/2014	3/30/2014
Guisado De Res with Peas and Carrots White Rice Mixed Greens with Dressing Wheat Bread Mixed Fruits	BBQ Boneless Pork Rib Mac and Cheese Baked Beans Spinach Salad with Sweet Sour Dressing Whole Grain Dinner Roll Sliced Peaches	Apple Juice Chipotle Meatballs Mexican Rice Green Salad with Dressing Tortillas Vanilla Pudding	Chicken Marsala Baked Potato Italian Blended Vegetable Vienna Bread Sour Cream Fruit Cocktail	Cream of Broccoli Soup Tuna Casserole Whole Kernel Corn Salad with Dressing Dinner Roll Birthday Cake	Beef and Cheese Soft Tacos Diced Tomatoes and Lettuce Mexican Rice Mexican Beans Diced Pears	Puerto Rican Steak Puerto Rican Rice Puerto Rican Beans Green Salad Dinner Roll Applesauce
3/31/2014						
Roasted Turkey with Giblet Gravy Stuffing California Blended Vegetable Dilly Cucumber Salad Cornbread Muffin Mandarin Oranges with Pineapple				For Meal Reservation Please call 649-2807 Para reservar su almuerzo favor de llamar al 649-2807		Suggested Donation of \$2.50 per meal  Se sugiere \$2.50 de donación por cada comida